

Good Eats! A Treasury Of Favorite Recipes

VJJE Publishing Co.

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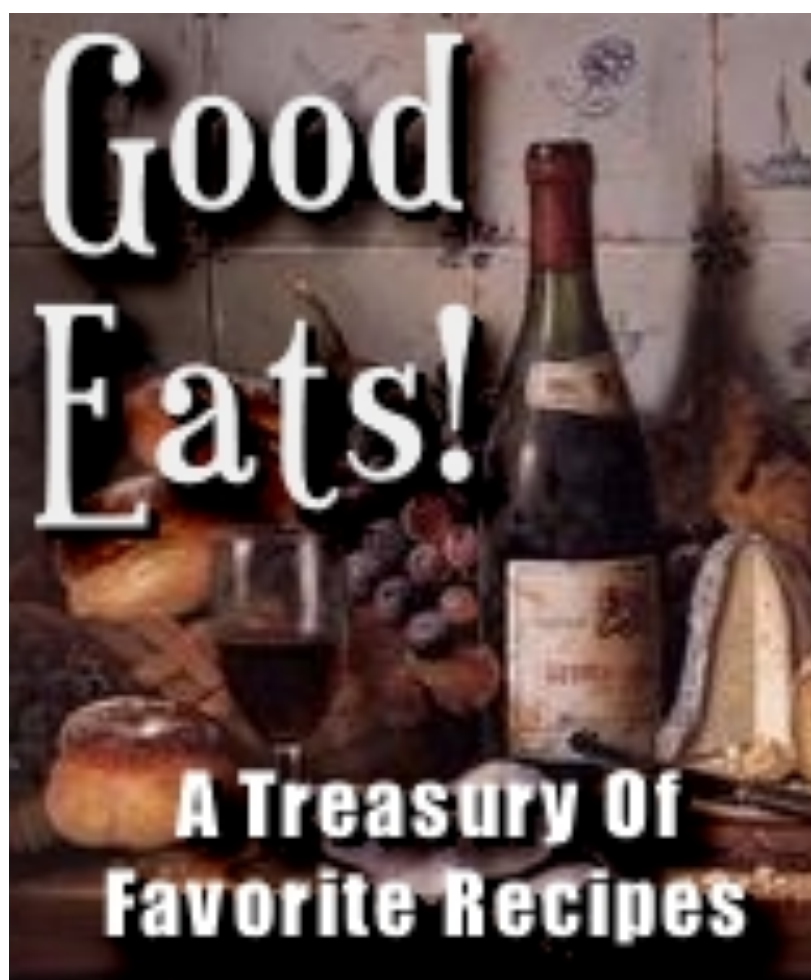
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Good Eats!

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THE HOME OF WORLD CLASS RECIPES

10 MINUTE APPLE SAUCE

3 Golden Delicious apples, peeled, cored, and quartered
3 Fuji apples, peeled, cored, and quartered
1 cup unfiltered apple juice
2 tablespoons cognac or brandy
2 tablespoons butter
3 tablespoons honey
1/2 teaspoon ground cinnamon

- 1) In a sealable microwave–safe container, combine apples with all other ingredients.
- 2) Close lid, leaving one corner of lid open to allow steam to escape.
- 3) Microwave on high for 10 minutes.
- 4) Using a hand blender or potato masher, blend to desired consistency.
- 5) Serve hot immediately or chill for later use.

Yield: 1 quart

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AB'S B and B'S

1/2 onion, thinly sliced
2 medium cucumbers, thinly sliced
1 cup water
1 cup cider vinegar
1 1/2 cups sugar
Pinch kosher salt
1/2 teaspoon mustard seeds
1/2 teaspoon turmeric
1/2 teaspoon celery seeds
1/2 teaspoon pickling spice

- 1) Combine onion and cucumber slices in a clean spring-top jar.
- 2) Combine the remaining ingredients in a non-reactive saucepan and bring to a boil.
- 3) Simmer for 4 full minutes to wake up the flavors of the spices.
- 4) Slowly pour the hot pickling liquid over the onion and cucumber slice, completely filling the jar.
- 5) Allow the pickles to cool to room temperature before topping off with any remaining pickling liquid.
- 6) Refrigerate.

Yield: 4 servings

ALTON BROWN MA MAE'S CONGEALED CHRISTMAS SALAD

- 1 small package orange flavored gelatin*
- 1 small package lemon flavored gelatin*
- 2 1/2 cups boiling water
- 1 small can pineapple bits with juice
- 1/2 cup toasted, chopped pecans
- 1 can whole cranberry sauce

- 1) Sprinkle the gelatins in a 9 by 13 glass-baking dish and slowly stir in the boiling water.
- 2) Cool to room temperature, then refrigerate approximately 30 minutes or just until gelatin begins to set. (If the gelatin sets, you won't be able to stir in the goodies.)
- 3) Meanwhile, in a medium size bowl, combine the canned pineapple and its juice, with the pecans and the whole cranberry sauce.
- 4) Add mixture to slightly thickened gelatin and stir until thoroughly combined.
- 5) Return to refrigerator until firmly set.
- 6) Cover with plastic wrap until ready to serve.

*Don't substitute with low-sugar or sugar-free. Neither will set properly.

Yield: 10 portions

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BAKER, BAKER

3/4 cup oats
3/4 cup flour
2/3 cup light brown sugar, packed
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
Pinch kosher salt
1 stick cold unsalted butter, diced
4 Braeburn apples (Fuji will substitute)
4 teaspoons honey

- 1) In a bowl combine all the dry ingredients and diced butter.
- 2) Rub mixture briskly between finger tips until it forms small moist clumps in a loose sandy mixture.
- 3) Refrigerate while preparing the apples.
- 4) Cut a small layer off the bottom of each apple to create a flat, stable bottom surface.
- 5) With a small paring knife, cut a cylindrical cone out of the top of the apple, moving about 1-inch outside of the core, similar to removing the top of a pumpkin when carving a Jack O' Lantern. Remove the top and discard.
- 6) With a melon baller or a teaspoon, remove the remaining core and seeds taking care not to puncture the base of the apple.
- 7) Place apples on a baking sheet or pie dish and fill each center with a teaspoon of honey.
- 8) Spoon in mixture, packing lightly until heaped and overflowing over sides of the apples.
- 9) Bake in oven at 350 degrees on the top or middle rack for 40 minutes or until filling is golden brown and the tip of a paring knife can be inserted into the side of the apple with little or no resistance.
- 10) Let apples stand for 10 minutes before serving.

Yield: 4 servings

THE BAKED POTATO

1 large russet potato (If it looks like Mr. Potato Head®, you've got the right one.)

Canola oil to coat

Kosher salt

- 1) Heat oven to 350 degrees and position racks in top and bottom thirds.
- 2) Wash potato (or potatoes) thoroughly with a stiff brush and cold running water.
- 3) Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking.
- 4) Place in a bowl and coat lightly with oil.
- 5) Sprinkle with kosher salt and place potato directly on rack in middle of oven.
- 6) Place a baking sheet on the lower rack to catch any drippings.
- 7) Bake 1 hour or until skin feels crisp but flesh beneath feels soft.
- 8) Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.

NOTE: If you're cooking more than 4 potatoes, you'll need to extend the cooking time by up to 15 minutes.

Yield: 1 potato per person

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BANANA SPLITSVILLE

Basic Caramel Software:

2 cups sugar
1 cup water
1 tablespoon light corn syrup

Caramel Sauce Software:

1 batch caramel
2 cups heavy cream

Banana Brulee Software:

4 bananas
Sugar for coating

Additional Splitsville Software:

Ice cream of your choice

Hardware:

Small, heavy saucepan
Clean soup spoon
Candy thermometer
Parchment paper
2 sheet pans or other heatproof surface
Aluminum foil
Cooling rack
Butane torch (available at most hardware stores...darned handy)
Safety goggles (see above)
Plastic squirt bottle (available at most grocery stores)

DOODADS

- 1) Combine the sugar, water and corn syrup in a small, heavy saucepan and place over high heat.
- 2) As soon as the sugar has dissolved, heat your thermometer under warm tap water (to prevent thermal shock) and attach to side of pan, making sure that the bulb is completely submerged. Do not stir the mixture or agitate the pan at this stage.
- 3) When the mixture reaches 230 degrees, reduce the heat to medium and allow the sugar to color gradually.
- 4) As the temperature approaches 300 degrees the color will start to turn to amber. At this point, it's safe to swirl the pan gently to help distribute the heat evenly.
- 5) As the caramel heads towards 340 degrees, it will reach a deep amber color. Remove the pan from the heat and slowly stir with a metal spoon, allowing it to cool until the caramel falls from the spoon in a solid stream...like a string. When it does, it's doodad time.

6) Form doodads by holding the spoon 12 to 16 inches over the caramel and drizzling the patterns on the parchment. (Hint: allow the spoon to “unload” into the pan for a few seconds before attempting doodad. This will allow a narrower stream.) Quick back and forth motions or side to side movements are best.

7) It’s all in the wrist. Allow doodads to cool for 15 minutes then peel the paper off (not the other way around).

8) Stack in an airtight container with wax paper between each piece.

CARAMEL SAUCE

9) After making 15 to 20 doodads, you should have sufficient caramel remaining to move on to the sauce phase. So, return the remaining caramel to medium high heat and continue cooking until you see the first sign of smoke.

10) Immediately remove from the heat, and add the cream, all at once, at arms length. (It will boil furiously.)

11) Once the mixture calms down, return to medium heat and boil 3 more minutes, stirring occasionally.

12) Cool to room temperature, move to squirt bottle and refrigerate for up to a week.

BANANAS BRULEE

13) To make the bananas brulee, quarter the bananas (peel on) and rub into sugar to coat thoroughly.

14) Remove peel and place on cooling rack over several layers of foil. (Don’t try this on your dining room table.)

15) Don your safety goggles and fire up your torch. Hold the torch so that the very tip of the flame barely touches the banana, and move quickly back and forth until the sugar melts, turns brown and bubbles.

16) As soon as it looks like caramel, move on. You know you’ve got it down when a solid, glasslike sheet of gold (no graininess) has formed on the banana.

BANANA SPLITSVILLE

17) To do the split (so to speak), squirt a pattern of caramel sauce on a chilled plate, top with 4 banana pieces (Lincoln log style), top with the ice cream of your choice (we like our peachy vanilla from “Churn Baby Churn” and finally, a doodad.

BETTER THAN GRANNIES CREAMED CORN

1/2 onion, diced
1 tablespoon butter
2 pinches kosher salt
8 ears fresh corn
1 sprig fresh rosemary, bruised
1 tablespoon sugar
1/4 teaspoon turmeric
2 tablespoons yellow cornmeal
1 cup heavy cream
Fresh ground black pepper

- 1) In a saucepan over medium heat, sweat the onion in butter and salt until translucent.
- 2) In a large mixing bowl, place a paper bowl in the middle of the bowl.
- 3) Resting the cob on the bowl in a vertical position remove only the tops of the kernel with a knife, using long smooth downward strokes and rotating the cob as you go.
- 4) After the cob has been stripped, use the dull backside of your knife to scrape any remaining pulp and milk off the cob.
- 5) Add the corn and pulp mixture to the saucepan and cook over medium high until the juice from the corn has tightened.
- 6) Add the rosemary.
- 7) Sprinkle the corn with the sugar and turmeric.
- 8) Stir constantly for about 2 minutes.
- 9) Sprinkle the cornmeal onto the corn, using a whisk to combine well.
- 10) Add the heavy cream and cook until the corn has softened, about 2 to 3 minutes.
- 11) Remove the rosemary.
- 12) Season with freshly ground black pepper.

Yield: 3 cups

BIG CHEESE SQUEEZE

2 slices of bread, cut thin (as far as bread selection goes, all I'll say is the bigger the loaf the bigger the sandwich)

1 teaspoon (or more) smooth Dijon mustard

1 cup Grated cheese (This is the soul of the thing, so use the good stuff.

We like a semi-hard, semi-soft combo like smoked gouda and Gruyere or Fontina with a young Asiago. If you're a purist, go for the Cheddar, but make it sharp and aged if possible.

Good quality olive oil for spritzing.

1) Find 2 heavy skillets that will nest together. Two (10-inch) cast iron skillets are ideal. Heat them over high heat.

2) Meanwhile, spread mustard on one slice of bread.

3) Distribute the cheese evenly over the mustard, season with fresh black pepper and top with second piece of bread.

4) Spritz the bread surface that's staring up at you with olive oil using either a Misto or a pump sprayer. A light coat will do, don't soak.

5) When the pans are hot enough to vigorously sizzle a drop of water, remove them from the heat and place the sandwich, top-side down in the middle of one pan. (If your pans are a different size, this would be the smaller one.)

6) Spritz the slice now facing you, as well as the bottom of the other skillet.

7) Lay the skillet right on top of the sandwich. If the top pan isn't cast iron, weigh it down with a brick, can, or something of similar heft.

8) Wait patiently, crack a beer. When you hear the first bit of cheese run out and sizzle on the pan, it's done. This will take anywhere from 3 to 5 minutes.

9) Carefully remove the top skillet, (you may need to coax it off with a spatula, but I doubt it). Just look at it. It's perfect...better than mom's. (No reason to tell her.)

10) Remove to a plate, count to 10 and slice it in half.

11) Take a bite.

12) Take another. So they lost ... there's always next year.

BIRD TO THE LAST DROP

2 quarts vegetable stock
1 turkey carcass
1 (10-ounce) box frozen mixed vegetables
1/2 cup rice
2 cups cooked turkey, cubed
1 teaspoon Old Bay seasoning
2 teaspoons dried thyme
Salt and pepper, to taste

- 1) Combine the vegetable stock and the turkey carcass in a large soup pot over low heat and bring to a simmer.
- 2) Cover and simmer for 1 hour.
- 3) Add the remaining ingredients to the stock.
- 4) Cover and simmer for an additional 20 minutes.
- 5) Remove the bones before serving.

Yield: 6 servings

BROILED, BUTTERFLIED CHICKEN

1 1/2 teaspoons black peppercorns
4 garlic cloves, minced
1/2 teaspoon kosher salt
1 lemon, zested
Extra virgin olive oil
Onions, carrots and celery cut into 3 to 4-inch pieces
3 to 4-pound broiler/fryer chicken
1 cup red wine
8 ounces chicken stock
2 to 3 sprigs thyme
Canola oil

- 1) Position the oven rack 8 inches from the flame/coil and turn broiler to high.
- 2) Crack peppercorns with a mortar and pestle until coarsely ground. Add garlic and salt and work well.
- 3) Add lemon zest and work just until you can smell lemon.
- 4) Add just enough oil to form a paste.
- 5) Check out your refrigerator for onions, carrots and celery that are a little past their prime. Cut vegetables into pieces and place in a deep roasting pan.
- 6) Place chicken on a plastic cutting board breast-side down. Using kitchen shears, cut ribs down one side of back bone and then the other and remove.
- 7) Open chicken like a book and remove the keel bone separating the breast halves by slicing through the thin membrane covering it, then by placing two fingers underneath the bone and levering it out.
- 8) Turn chicken breast-side up and spread out like a butterfly by pressing down on the breast and pulling the legs towards you.
- 9) Loosen the skin at the neck and the edges of the thighs. Evenly distribute the garlic mixture under the skin, saving 2 teaspoons for the jus.
- 10) Drizzle the skin with oil and rub in, being sure to cover the bird evenly. Drizzle oil on bone side of chicken as well.
- 11) Arrange bird in roasting pan, breast up, atop vegetables.
- 12) Place pan in oven being sure to leave the oven door ajar. Check bird in 10 minutes.
- 13) If the skin is a dark mahogany, hold the drumstick ends with paper towels and flip bone-side up. Cook 12 to 15 minutes or until the internal temperature reaches 165 degrees. Juices must run clear.
- 14) Remove and place chicken into a deep bowl and cover loosely with foil.
- 15) Tilt pan so that any fat will pool at corner. Siphon this off with a bulb baster. (This fat is great in vinaigrettes).
- 16) Set pan over 2 burners set on high. Deglaze pan with a few shots of red wine and scrape brown bits from bottom using a carrot chunk held with tongs.

- 17) Add chicken stock, thyme, the remaining garlic paste and reduce briefly to make a jus.
- 18) Strain out vegetables and discard.
- 19) Slice chicken onto plates or serve in quarters. Sauce lightly with jus and serve.

Yield: 4 to 6 servings

BURGER OF THE GODS

8 ounces chuck, trimmed, cut into 1 1/2-inch cubes

8 ounces sirloin, trimmed, cut into 1 1/2-inch cubes

1/2 teaspoon kosher salt

- 1) In separate batches, pulse the chuck and the sirloin in a food processor 10 times.
- 2) Combine the chuck, sirloin, and kosher salt in a large bowl. Form the meat into 5-ounce patties.
- 3) Heat a cast iron skillet or griddle over medium-high heat for 2 to 3 minutes.
- 4) Place the hamburger patties in the pan.
- 5) For medium-rare burgers, cook the patties for 4 minutes on each side. For medium burgers, cook the patties for 5 minutes on each side.
- 6) Flip the burgers only once during cooking.

Yield: 3 servings

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BURNED PEACH ICE CREAM

2 cups half–n–half
1 cup whipping cream
1/2 cup sugar
1/2 cup peach preserves (not jelly)
1 vanilla bean, split and scraped
Pinch kosher salt
4 medium peaches, halved, seeded and grilled or broiled until brown

- 1) Combine all ingredients (including the bean and its pulp) in a large sauce pan and place over medium heat.
- 2) Attach a frying or candy thermometer to inside of pan. (see note below)
- 3) Stirring occasionally, bring the mixture to 170 degrees F.
- 4) Remove from heat and strain into a lidded container.
- 5) Cool mixture, then refrigerate mixture overnight to mellow flavors and texture.
- 6) Freeze mixture in ice cream freezer according to unit's instructions. The mixture will not freeze hard in the machine.
- 7) Meanwhile, chop peaches roughly.
- 8) Once the volume has increased by 1/2 and reached a soft serve consistency, add the peaches and continue turning to incorporate.
- 9) Spoon the mixture back into a lidded container and harden in the freezer at least 1 hour before serving.

NOTE: If you do not have a thermometer, bring the mixture just barely to a simmer. As soon as you see a bubble his the surface, remove it from the heat. Do not let it boil.

Yield: About a quart and a half

CHIPS AND FISH

For the fries:

1 gallon safflower oil
4 large Russet potatoes
Kosher salt

For the batter:

2 cups flour
1 tablespoon baking powder
1 teaspoon kosher salt
1/4 teaspoon cayenne pepper
Dash Old Bay Seasoning
1 bottle brown beer, cold
1 1/2 pounds firm-fleshed whitefish (tilapia, pollock, cod), cut into 1-ounce strips
Cornstarch, for dredging

- 1) Heat oven to 200 degrees F.
- 2) Heat the safflower oil in a 5-quart Dutch oven over high heat until it reaches 320 degrees.
- 3) Using a V-slicer with a wide blade, slice the potatoes with the skin on. Place in a large bowl with cold water.
- 4) In a bowl, whisk together the flour, baking powder, salt, cayenne pepper, and Old Bay seasoning.
- 5) Whisk in the beer until the batter is completely smooth and free of any lumps.
- 6) Refrigerate for 15 minutes. Note: The batter can be made up to 1 hour ahead of time.
- 7) Drain potatoes thoroughly, removing any excess water.
- 8) When oil reaches 320 degrees, submerge the potatoes in the oil.
- 9) Working in small batches, fry for 2 to 3 minutes until they are pale and floppy.
- 10) Remove from oil, drain, and cool to room temperature.
- 11) Increase the temperature of the oil to 375 degrees.
- 12) Re-immers fries and cook until crisp and golden brown, about 2 to 3 minutes.
- 13) Remove and drain on roasting rack. Season with kosher salt while hot and hold in the oven.
- 14) Allow oil to return to 350 degrees.
- 15) Lightly dredge fish strips in cornstarch.
- 16) Working in small batches, dip the fish into batter and immerse into hot oil.
- 17) When the batter is set, turn the pieces of fish over and cook until golden brown, about 2 minutes.
- 18) Drain the fish on the roasting rack. Serve with malt vinegar.

Yield: 4 servings

CHOCOLATE LAVA MUFFINS

8 ounces semisweet chocolate chips

1 stick butter

1/2 teaspoon vanilla extract

1/2 cup sugar

3 tablespoons flour

1/4 teaspoon salt

4 eggs

Butter to coat muffin tin

1 tablespoon cocoa powder

1 cup vanilla ice cream

1 teaspoon espresso powder

- 1) Preheat oven to 375 degrees.
- 2) Place a small metal bowl over a saucepan with simmering water.
- 3) Melt the chocolate and butter in the bowl. Stir in vanilla.
- 4) In a large mixing bowl, combine sugar, flour and salt.
- 5) Sift these into the chocolate and mix well with electric hand mixer.
- 6) Add eggs one at time, fully incorporating each egg before adding the next.
- 7) Beat at high until batter is creamy and lightens in color, approximately 4 minutes.
- 8) Chill mixture.
- 9) Coat the top and each cup of the muffin tin with butter.
- 10) Dust with the cocoa powder and shake out excess.
- 11) Spoon mixture into pan using a 4-ounce scoop or ladle.
- 12) Bake for 10 to 11 minutes. Outsides should be cake-like and centers should be gooey.
- 13) While muffins are in oven, melt the ice cream in a small saucepan.
- 14) Stir in the espresso powder.
- 15) Serve over warm muffins.

Yield: 1 dozen

CHOCOLATE MOUSSE

1 3/4 cups whipping cream
12 ounces quality semi-sweet chocolate chips
3 ounces espresso or strong coffee
1 tablespoon dark rum
4 tablespoons butter
1 teaspoon flavorless, granulated gelatin

- 1) Chill 1 1/2 cups whipping cream in refrigerator.
- 2) Chill metal mixing bowl and mixer beaters in freezer.
- 3) In top of a double boiler, combine chocolate chips, coffee, rum and butter.
- 4) Melt over barely simmering water, stirring constantly. Remove from heat while a couple of chunks are still visible.
- 5) Cool, stirring occasionally to just above body temperature.
- 6) Pour remaining 1/4 cup whipping cream into a metal measuring cup and sprinkle in the gelatin.
- 7) Allow gelatin to "bloom" for 10 minutes.
- 8) Then carefully heat by swirling the measuring cup over a low gas flame or candle. Do not boil or gelatin will be damaged.
- 9) Stir mixture into the cooled chocolate and set aside.
- 10) In the chilled mixing bowl, beat cream to medium peaks.
- 11) Stir 1/4 of the whipped cream into the chocolate mixture to lighten it.
- 12) Fold in the remaining whipped cream in two doses.
- 13) There may be streaks of whipped cream in the chocolate and that is fine. Do not overwork the mousse.
- 14) Spoon into bowls or martini glasses and chill for at least 1 hour.
- 15) Garnish with fruit and serve. (If mousses are to be refrigerated overnight, chill for one hour and then cover each with plastic wrap)

Yield: 6 to 8 servings

COFFEE: BLACK, NO CHASER

Brewing a simply perfect cup of Joe can be perfectly simple, if you stick to some basic guidelines:

Buy quality whole beans from a reliable purveyor (preferably a roaster). If you don't have a grinder at home, ask a salesperson to grind whole beans for you rather than settling for pre-ground.

Purchasing bulk (unpackaged) beans from a specialty shop is okay as long as the bins or jars are relatively small and refilled regularly. Large vats hold a lot of beans and therefore don't need frequent filling. That means that beans can hang around for a long time being exposed to light and air. That can mean stale beans, and staleness is not a desirable attribute.

Purchase pre-packaged whole beans only when sealed in a foil-style bag featuring a one-way valve. The dime-shaped plastic valve is usually integrated into the packaging so that it will be as unobtrusive as possible, so check carefully. The absence of a valve means that the coffee probably sat and "gassed out" before it was packaged. That means it could be stale. Stale, again, is not a good thing. And remember: paper bags with twist tops are temporary transportation vessels, not storage devices.

Try to purchase only a week's worth of beans at a time. If you live where this is impractical, purchase several small sealed packages rather than one large one. Unopened one-way valve bags will keep coffee fresh for approximately three months. If you buy bulk coffee (not sealed with one-way valves) in large amounts, divide into weekly batches, seal in Mason-style jars and freeze. Transfer these small batches to counter top storage as needed (see below).

Store opened or bulk coffee in an airtight, opaque container and store at room temperature for up to a week.

Grind coffee as close to brewing time as possible. For drip method, grind in blade style grinder for 15 to 20 seconds. For French presses, grind for only 10 to 12 seconds.

Regardless of method, brew using 2 heaping tablespoons of coffee for each 6 ounces of clean (filtered or bottled), cool water. If you prefer a milder cup, brew to full strength, and then dilute with hot water. Brewing with too little coffee will result in over-extraction, and that means bitterness.

If you really want to taste the subtle nuances of regional coffees, consider a gold mesh filter.

When purchasing a coffee maker (either manual or electric), look for a model that brews into a thermal carafe rather than a glass pot designed to sit on a heating element. Continuous heating of coffee leads to bitterness.

Quality decaffeinated coffees usually cost more than regular beans.

DropBooks

COFFEE GRANITA

2 cups lukewarm espresso or strong black coffee

1/2 cup sugar

2 tablespoons coffee flavored liqueur

1 teaspoon orange or lemon zest

- 1) Combine all ingredients and stir until sugar melts.
- 2) Pour mixture into 9 by 13-inch metal pan and place on level shelf in freezer for half an hour. (Mixture should only come about 1/4-inch up the side of the pan.)
- 3) Remove and use a dinner fork to scrape any ice crystals that have formed on the side or bottom of the pan.
- 4) Return to freezer and repeat scraping every 20 to 30 minutes for 3 to 4 hours.
- 5) Once mixture is thoroughly frozen, fluff with a fork and allow flakes to "dry" in freezer another half hour before serving.
- 6) When served, the granita should look like a fluffy pile of dry brown crystals.
- 7) Scoop into goblets and top with barely sweetened whipped cream, add additional citrus zest if desired.

Yield: 6 servings

COMPOUND BUTTER

1 pound butter
3 to 4 tablespoons extra virgin olive oil
2 tablespoons fresh chives, chopped
1 tablespoon thyme, chopped
1 tablespoon sage, chopped
1 tablespoon rosemary, chopped

Hardware:

Dough scraper

Standing mixer

Parchment paper or plastic wrap

Chop the butter into uniform chunks using the dough scraper.

Place the oil into the food processor and add the chives. Process until the chives are finely chopped. Add the remaining herbs and blend until the herbs have colored the oil. Using the whisk attachment, whip the butter in the mixer's work bowl at medium speed until it softens and lightens in color, about 5 to 7 minutes.

Add the herb oil to the butter and beat for another 2 minutes until oil is fully incorporated. Remove butter from bowl and spoon onto parchment paper or plastic wrap. Roll into a log, using the edge of a baking sheet to form a tight log. Chill for 2 hours before serving.

Yield: 2 logs

COOKIES: THE CHEWY

2 sticks unsalted butter
2 1/4 cups bread flour
81 teaspoon kosher salt
1 teaspoon baking soda
1/4 cup sugar
1 1/4 cups brown sugar
1 egg
1 egg yolk
2 tablespoons milk
1 1/2 teaspoons vanilla extract
2 cups semisweet chocolate chips

Hardware:

Ice cream scooper (#20 disher, to be exact)
Parchment paper
Baking sheets
Mixer

Heat oven to 375 degrees F.

Melt the butter in a heavy-bottom medium saucepan over low heat. Sift together the flour, salt, and baking soda and set aside.

Pour the melted butter in the mixer's work bowl. Add the sugar and brown sugar. Cream the butter and sugars on medium speed. Add the egg, yolk, 2 tablespoons milk and vanilla extract and mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Stir in the chocolate chips.

Chill the dough, then scoop onto parchment-lined baking sheets, 6 cookies per sheet. Bake for 14 minutes or until golden brown, checking the cookies after 5 minutes.

Rotate the baking sheet for even browning. Cool completely and store in an airtight container.

Yield: 2 1/2 dozen cookies

COOKIES: THE PUFFY

1 cup butter–flavored shortening
3/4 cup sugar
1 cup brown sugar
2 1/4 cups cake flour
1 teaspoon kosher salt
1 1/2 teaspoons baking powder
2 eggs
1 1/2 teaspoons vanilla extract
2 cups semisweet chocolate chips

Hardware:

Ice cream scooper (#20 disher, to be exact)

Parchment paper

Baking sheets

Mixer

Heat oven to 375 degrees F. Combine the shortening, sugar, and brown sugar in the mixer's work bowl, and cream until light and fluffy. In the meantime, sift together the cake flour, salt, and baking powder and set aside.

Add the eggs 1 at a time to the creamed mixture. Then add vanilla. Increase the speed until thoroughly incorporated.

With the mixer set to low, slowly add the dry ingredients to the shortening and combine well. Stir in the chocolate chips. Chill the dough. Scoop onto parchment–lined baking sheets, 6 per sheet. Bake for 13 minutes or until golden brown and puffy, checking the cookies after 5 minutes. Rotate the baking sheet for even browning. Cool and store in an airtight–container.

Yield: 2 1/2 dozen cookies

COOKIES: THE THIN

2 1/4 cups all-purpose flour
1 teaspoon kosher salt
1 teaspoon baking soda
Pinch baking soda
1 egg
2 ounces milk
1 1/2 teaspoons vanilla extract
2 sticks unsalted butter
1 cup sugar
1/2 cup brown sugar
2 cups semisweet chocolate chips

Hardware:

Ice cream scooper (#20 disher, to be exact)
Parchment paper
Baking sheets
Mixer

Heat oven to 375 degrees F. Sift together the flour, salt, and baking soda in a mixing bowl. Combine the egg, milk, and vanilla and bring to room temperature in another bowl.

Cream the butter in the mixer's work bowl, starting on low speed to soften the butter. Add the sugars. Increase the speed, and cream the mixture until light and fluffy. Reduce the speed and add the egg mixture slowly. Increase the speed and mix until well combined.

Slowly add the flour mixture, scraping the sides of the bowl until thoroughly combined. Stir in the chocolate chips. Scoop onto parchment-lined baking sheets, 6 cookies per sheet. Bake for 13 to 15 minutes, checking the cookies after 5 minutes. Rotate the baking sheet for more even browning.

Remove the cookies from the pans immediately. Once cooled, store in an airtight container.

Yield: 2 1/2 dozen cookies

CREAMED CORN CORNBREAD

2 cups yellow cornmeal
1 teaspoon kosher salt
1 tablespoon sugar
2 teaspoons baking powder
½ teaspoon baking soda
1 cup buttermilk
2 eggs
1 cup creamed corn
2 tablespoons canola oil

- 1) Preheat oven to 425 degrees.
- 2) Place a 10–inch cast iron skillet into the oven.
- 3) In a bowl, combine the cornmeal, salt, sugar, baking powder, and baking soda. Whisk together to combine well.
- 4) In a large bowl, combine the buttermilk, eggs, and creamed corn, whisking together to combine thoroughly.
- 5) Add the dry ingredients to the buttermilk mixture and stir to combine.
- 6) If the batter will not pour, add more buttermilk to the batter.
- 7) Add 2 tablespoons canola oil to the cast iron skillet.
- 8) Pour the batter into the skillet.
- 9) Bake until the cornbread is golden brown and springs back upon the touch, about 20 minutes.

Yield: 8 servings

EGGS OVER EASY

2 eggs (the fresher the better)

1 tablespoon unsalted butter

Salt and pepper

- 1) Heat a small non-stick skillet over low heat and add butter.
- 2) As soon as the butter stops foaming, crack the eggs into the pan.
- 3) Lift the handle about an inch so that the eggs pool in the far corner of the pan. Hold for 30 seconds or until the whites start to set, then lower the handle and give the pan a jiggle just to make sure there's no sticking.
- 4) Season with a pinch of salt and pepper and continue to cook over low heat until the whites become opaque.
- 5) Jiggle to loosen the eggs, then lift the pan, holding it about a foot above the heat.
- 6) Now, flip the eggs over by pushing the pan away and snapping upward simultaneously. Once the eggs start their somersault, raise the pan to meet them so that the exposed yolks experience the softest landing possible. The goal of course is to avoid breaking the yolks.
- 7) If you succeed, count to 10 slowly then flip the eggs again, slide them onto a plate and serve.
- 8) If the yolks do break, act like you meant them to, fry for another minute and serve. They'll still taste great.

Yield: 1 serving

FIRECRACKERS

1/2 pound mini carrots
1 cup water
1 cup sugar
1 1/2 cups cider vinegar
1 teaspoon onion powder
1/2 teaspoon mustard seeds
1 1/2 teaspoons kosher salt
1 teaspoon chili flakes
2 dried chilies

- 1) Place carrots in a spring-top glass jar.
- 2) Bring the water, sugar, cider vinegar, onion powder, mustard seeds, salt, and chili flakes to a boil in a non-reactive saucepan.
- 3) Boil for 4 minutes.
- 4) Slowly pour the hot pickling liquid over the carrots, filling the jar to the top.
- 5) Place the chilies in the jar.
- 6) Allow the carrots to cool before sealing.
- 7) Refrigerate for 2 days up to 1 week.

Yield: 4 servings

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FLANDANGO

Software:

1 1/2 cups whole milk
1 cup half-and-half
1 teaspoon vanilla extract
1/2 cup sugar

An assortment of jams, preserves, or dessert sauces such as:

Blueberry jam
Apricot preserves
Butterscotch ice cream topping
Hot fudge ice cream topping
6 eggs

Hardware:

Roasting pan large enough to accommodate 8 custard cups with at least 1-inch to spare around
8 custard cups
Glass or stainless steel bowl with a spout
Fine mesh strainer
Small nonreactive saucepan
A kettle boiling water
Whisk

- 1) Heat oven to 350 degrees F.
- 2) In the saucepan, combine the milk, half-and-half, vanilla, and sugar.
- 3) Bring to a bare simmer over medium-low heat.
- 4) Next, place 1 to 2 tablespoons of each topping into each of the custard cups. The topping should come a few millimeters up the side of the custard cup.
- 5) Separate 3 of the eggs using the slotted spoon. Reserve the whites. (Note: Freeze the whites in ice trays. After the whites are frozen, place the frozen cubes into zip-top freezer bags. The frozen whites can be frozen up to a year.)
- 6) Place a mixing bowl on a rubber pad or a wet towel to prevent the bowl from spinning out of control.
- 7) In a mixing bowl, combine the remaining whole eggs and the yolks.
- 8) Whip the eggs with a whisk until slightly thickened and lightened in color.
- 9) While whisking the eggs, drizzle in about a quarter of the hot milk.
- 10) Now whisk the tempered eggs back into the saucepan with the remaining milk mixture.
- 11) Place a fine mesh strainer over a glass or stainless steel bowl with a spout.
- 12) Pour the egg mixture through the strainer in order to catch any curdled egg bits or particles that may be in the mixture.

- 13) Place the custard cups into the roasting pan.
- 14) Evenly distribute the custard into the custard cups, going short on the first pass.
- 15) Place the pan on the middle rack of the oven and pour boiling water into the pan just under the level of the custard.
- 16) Cook the flans for about 40 minutes, or until they wobble slightly when the pan is wiggled, about 40 minutes. You can also insert a paring knife midway between the edge and the center. If it comes out clean, the flans are done.
- 17) Using tongs, remove the cups from the pan to a towel-lined sheet pan.
- 18) Allow the water in the roasting pan to cool before discarding. Cool, cover and chill.

Yield: 8 servings

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FONDUE VUDU

1 clove garlic, halved
1 (12-ounce) bottle hard apple cider
2 tablespoons lemon juice
1 tablespoon brandy
Pinch kosher salt
5 ounces (2 cups) Gruyere, grated
5 ounces (2 cups) Smoked Gouda, rind removed, grated
1 tablespoon plus 1 teaspoon cornstarch
1/4 teaspoon curry powder
Several grinds fresh ground black pepper

- 1) Rub inside of fondue pot or heavy small saucepan with garlic.
- 2) Pour cider into pot.
- 3) Add 1 tablespoon of lemon juice, the brandy and salt and bring to a simmer over medium heat.
- 4) Meanwhile, grate the cheese and toss well with the cornstarch in a large bowl.
- 5) When the cider just begins to simmer, gradually add the cheese a handful at a time, allowing each addition to melt completely before adding the next.
- 6) Continue adding cheese and stirring until all cheese is incorporated, about 3 minutes.
- 7) If mixture starts to bubble, reduce heat to low. The mixture is ready when creamy and easily coats the back of a spoon.
- 8) Stir in curry powder and pepper.
- 9) If cheese seems stringy, add some or all of the remaining lemon juice.
- 10) Move fondue pot to alcohol warmer, and keep stirring during service.
- 11) A variety of breads, from pumper-nickel to rye to bagel chunks can be skewered and dipped as can cauliflower, broccoli, mushrooms and potatoes. (Soften all vegetables by blanching briefly in boiling water then chilling.) Crisp fruits such as apples make great fondue fodder, as do cooked meats and sausages. Even soft pretzels make for good dipping.
- 12) If any fondue is left over, cover with ice water and refrigerate, pour off water and reheat over low heat.

Yield: 4 to 6 servings

FREE RANGE FRUITCAKE

1 cup golden raisins
1 cup currants
1/2 cup sun dried cranberries
1/2 cup sun dried blueberries
1/2 cup sun dried cherries
1/2 cup dried apricots, chopped
Zest of one lemon, chopped coarsely
Zest of one orange, chopped coarsely
1/4 cup candied ginger, chopped
1 cup gold rum
1 cup sugar
5 ounces unsalted butter (1 1/4 sticks)
1 cup unfiltered apple juice
4 whole cloves, ground
6 allspice berries, ground
1 teaspoon ground cinnamon
1 teaspoon ground ginger

1 3/4 cups all purpose flour
1 1/2 teaspoons salt
1 teaspoon baking soda
1 teaspoon baking powder
2 eggs
1/4 to 1/2 cup toasted pecans, broken
Brandy for basting and/or spritzing

- 1) Combine dried fruits, candied ginger and both zests.
- 2) Add rum and macerate overnight, or microwave for 5 minutes to re-hydrate fruit.
- 3) Place fruit and liquid in a non-reactive pot with the sugar, butter, apple juice and spices.
- 4) Bring mixture to a boil stirring often, then reduce heat and simmer for 5 to 10 minutes.
- 5) Remove from heat and cool for at least 15 minutes. (Batter can be completed up to this point, then covered and refrigerated for up to 2 days. Bring to room temperature before completing cake.)
- 6) Heat oven to 325 degrees.
- 7) Combine dry ingredients and sift into fruit mixture.
- 8) Quickly bring batter together with a large wooden spoon, then stir in eggs one at a time until completely integrated, then fold in nuts.
- 9) Spoon into a 10-inch non-stick loaf pan and bake for 1 hour.
- 10) Check for doneness by inserting toothpick into the middle of the cake.
- 11) If it comes out clean, it's done. If not, bake another 10 minutes, and check again.

- 12) Remove cake from oven and place on cooling rack or trivet.
- 13) Baste or spritz top with brandy and allow to cool completely before turning out from pan.
- 14) When cake is completely cooled, seal in a tight sealing, food safe container.
- 15) Every 2 to 3 days, feel the cake and if dry, spritz with brandy. The cake's flavor will enhance considerably over the next two weeks. If you decide to give the cake as a gift, be sure to tell the recipient that they are very lucky indeed.

Yield: 10 slices

FRENCH ONION SOUP

10 sweet onions (like Vidalias) or a combination of sweet and red onions
3 tablespoons butter
1 teaspoon salt
2 cups white wine
10 ounces canned beef consume
10 ounces chicken broth (low sodium, fat free*)
10 ounces apple cider (unfiltered is best)
Bouquet garni; thyme sprigs, bay leaf and parsley
1 loaf country style bread
Kosher salt
Ground black pepper
Splash of Cognac (optional)
1 cup Fontina or Gruyere cheese, grated

- 1) Trim the ends off each onion then slice from end to end.
- 2) Remove peel and finely slice into half moon shapes.
- 3) Set electric skillet to 300 degrees and add butter.
- 4) Once butter has melted add a layer of onions and sprinkle with a little salt. Repeat layering onions and salt until all onions are in the skillet. Do not try stirring until onions have sweated down for 15 to 20 minutes. After that, stir occasionally until onions are dark mahogany and reduced to approximately 2 cups. This should take 45 minutes to 1 hour. Do not worry about burning.
- 5) Add enough wine to cover the onions and turn heat to high, reducing the wine to a syrup consistency.
- 6) Add consume, chicken broth, apple cider and bouquet garni.
- 7) Reduce heat and simmer 15 to 20 minutes.
- 8) Place oven rack in top 1/3 of oven and heat broiler.
- 9) Cut country bread in rounds large enough to fit mouth of oven safe soup crocks.
- 10) Place the slices on a baking sheet and place under broiler for 1 minute.
- 11) Season soup mixture with salt, pepper and cognac.
- 12) Ladle soup into crocks leaving one inch to the lip.
- 13) Place bread round, toasted side down, on top of soup and top with grated cheese.
- 14) Broil until cheese is bubbly and golden, 1 to 2 minutes.

Yield: 8 servings

THE FUNGAL SAUTE

2 pounds cremini mushrooms, 1/4-inch sliced
2 tablespoons clarified butter
Kosher salt and cracked black pepper
1 tablespoon minced shallots
1 1/2 ounces cognac
2 teaspoons fresh chopped chives

- 1) In a 10-inch heavy sauté pan, heat 1 ounce of clarified butter over high heat.
- 2) Add sliced mushrooms one handful at a time to sauté pan.
- 3) As mushrooms begin to develop rich, brown color, push them to the outside of the sauté pan.
- 4) Turn the mushrooms over as they begin to color.
- 5) When pan becomes dry, add remaining clarified butter to the pan.
- 6) Add another handful of mushrooms to the pan and continue until all mushrooms have been added.
- 7) Season with salt and pepper after the last addition to the pan has been made.
- 8) Make a hole in the middle of the pan and add the shallots.
- 9) Deglaze pan with cognac, scraping up any browned mushroom bits.
- 10) Add the chives.
- 11) Adjust seasoning with salt and pepper.

Yield: 4 servings

GOOD EATS ROAST TURKEY

1 (14–16 pound) frozen young turkey

For the brine:

1 cup kosher salt
1/2 cup light brown sugar
1 gallon vegetable stock
1 tablespoon black peppercorns
1/2 tablespoon allspice berries
1/2 tablespoon candied ginger
1 gallon iced water

For the aromatics:

1 red apple, sliced
1/2 onion, sliced
1 cinnamon stick
1 cup water
4 sprigs rosemary
6 leaves of sage
Canola oil

- 1) Combine all brine ingredients, except ice water, in a stock pot and bring to a boil.
- 2) Stir to dissolve solids, then remove from heat, cool to room temperature refrigerate until thoroughly chilled.
- 3) Early on the day of cooking, (or late the night before) combine the brine and ice water in a clean 5 gallon bucket.
- 4) Place thawed turkey breast side down in brine, cover, and refrigerate or set in cool area (like a basement) for 6 hours.
- 5) Turn turkey over once, half way through brining.
- 6) A few minutes before roasting, heat oven to 500 degrees.
- 7) Combine the apple, onion, cinnamon stick and cup of water in a microwave safe dish and microwave on high for 5 minutes.
- 8) Remove bird from brine and rinse inside and out with cold water. Discard brine.
- 9) Place bird on roasting rack inside wide, low pan and pat dry with paper towels.
- 10) Add steeped aromatics to cavity along with rosemary and sage.
- 11) Tuck back wings and coat whole bird liberally with canola (or other neutral) oil.
- 12) Roast on lowest level of the oven at 500 degrees for 30 minutes.
- 13) Remove from oven and cover breast with double layer of aluminum foil, insert probe thermometer into thickest part of the breast and return to oven, reducing temperature to 350 degrees.
- 14) Set thermometer alarm (if available) to 161 degrees. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting.

15) Let turkey rest, loosely covered for 15 minutes before carving.

Yield: 10 to 12 servings

GOOD EATS MEAT LOAF

6 ounces garlic-flavored croutons
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1 teaspoon chili powder
1 teaspoon dried thyme
1/2 onion, roughly chopped
1 carrot, peeled and broken
3 whole cloves garlic
1/2 red bell pepper
18 ounces ground chuck
18 ounces ground sirloin
1 1/2 teaspoon kosher salt
1 egg

For the glaze:

1/2 cup catsup
1 tablespoon ground cumin
Dash Worcestershire sauce
Dash hot pepper sauce
1 tablespoon honey

- 1) Heat oven to 325 degrees F.
- 2) In a food processor bowl, combine croutons, black pepper, cayenne pepper, chili powder, and thyme.
- 3) Pulse until the mixture is of a fine texture. Place this mixture into a large bowl.
- 4) Combine the onion, carrot, garlic, and red pepper in the food processor bowl. Pulse until the mixture is finely chopped, but not pureed.
- 5) Combine the vegetable mixture, ground sirloin, and ground chuck with the bread crumb mixture.
- 6) Season the meat mixture with the kosher salt.
- 7) Add the egg and combine thoroughly, but avoid squeezing the meat.
- 8) Pack this mixture into a 10-inch loaf pan to mold the shape of the meatloaf.
- 9) Onto a parchment paper-lined baking sheet, turn the meatloaf out of the pan onto the center of the tray. Insert a temperature probe at a 45 degree angle into the top of the meatloaf. Avoid touching the bottom of the tray with the probe. Set the probe for 155 degrees.
- 10) Combine the catsup, cumin, Worcestershire sauce, hot pepper sauce and honey.
- 11) Brush the glaze onto the meatloaf after it has been cooking for about 10 minutes.

Yield: 4 servings

GRAVY FROM ROAST DRIPPINGS

1 cup red wine
2 cups beef, chicken, or vegetable broth
1 bay leaf
5 to 6 black peppercorns

- 1) Remove roast from pan and pour off any fat.
- 2) Place over high heat (use 2 burners if necessary) and deglaze pan with wine and broth, scraping any bits stuck to the bottom of the pan with a wooden spoon or spatula.
- 3) Once these solids are dissolved, pour liquid into a saucepan and add the bay leaf and peppercorns.
- 4) Reduce for 5 minutes over high heat or until reduced by 1/3.
- 5) At this point you basically have a jus which could be used to sauce your roast.
- 6) To create a gravy, reduce the heat to medium and whisk in 2 tablespoons of white roux.
- 7) Return to a simmer, whisking constantly.
- 8) Continuing to cook once a simmer has been reached will result in a smoother sauce, but not a thicker one.
- 9) Since all starch thickened sauces thicken as they cool, it's a good idea to make your gravy a little on the loose side.

Yield: 2 cups

GRILLED SALMON STEAKS

4 salmon steaks 1-inch thick
1 teaspoon whole cumin seed
1 teaspoon whole coriander seed
1/2 teaspoon whole fennel seed
1 teaspoon dry green peppercorns
Sea salt or kosher salt
Canola or olive oil to coat steaks

- 1) Prepare grill by lighting 4 quarts of charcoal (1 starter chimney's worth), or turning gas grill to medium-high.
- 2) Examine steaks for pin bones by rubbing fingers over surface of meat. If found, remove with bone tweezers or pliers reserved for culinary uses.
- 3) Using a sharp paring or boning knife, trim bones from the cavity side of the steak.
- 4) Trim the stomach flaps so that 1 side is missing about 2 inches of skin and the other, 1 inch of meat.
- 5) Roll the skinless section up into the hollow of the cavity, then wrap the other around the outside to form a round resembling a filet mignon.
- 6) Tie in place with 2 passes of butcher's twine. (Do not tie it too tight or fish will pop out during cooking.)
- 7) Combine cumin, coriander, fennel and peppercorns on a double thick piece of aluminum foil and toast over grill, shaking gently until seeds become fragrant.
- 8) Crush seeds in mortar and pestle or pour into spare pepper grinder.
- 9) Coat steaks lightly with oil, season with salt, then liberally grind toasted seeds on both sides of steaks.
- 10) Quickly wipe hot grill grate with a rag or towel dipped in a little Canola oil, then grill fish to medium rare, about 3 minutes per side. (Fish should be well colored on the outside and barely translucent at the center.
- 11) Serve steaks alongside simple salad dressed with "Veni, Vedi, Vinaigrette."

Yield: 4 servings

HAIL CAESAR SALAD

1 loaf day old Italian bread
3 garlic cloves, mashed
9 tablespoons extra virgin olive oil
1/4 teaspoon plus 1 pinch kosher salt
2 eggs
2 heads romaine lettuce, inner leaves only
7 grinds black pepper
1 lemon, juiced
6 drops Worcestershire sauce
1/4 cup grated Parmesan cheese

- 1) Heat oven to 350 degrees.
- 2) Cut 1/2 to 3/4-inch croutons from the loaf of bread and place on a baking sheet and put into the oven until dry but not browned.
- 3) Use a mortar and pestle to mash the garlic with 4 tablespoons of oil and 1/4 teaspoon kosher salt.
- 4) Strain the oil into a skillet over medium heat.
- 5) Add the dried croutons and fry, tossing constantly until all of the oil is absorbed and the croutons turn gold. Set aside.
- 6) Bring 2 cups water to a boil in a small saucepan.
- 7) Add the eggs and cook for 1 minute.
- 8) Chill in ice water to halt cooking. Set aside.
- 9) In a very large bowl, tear lettuce and toss with 3 tablespoons of olive oil.
- 10) Sprinkle with the remaining kosher salt and the black pepper.
- 11) Add the remaining olive oil. Toss well.
- 12) Add the lemon juice and Worcestershire sauce.
- 13) Break in the eggs. Toss until a creamy dressing forms.
- 14) Toss in Parmesan cheese and serve with croutons.

Yield: 6 to 8 servings

HONEY BUTTER

1 pound butter
1/4 cups honey
1/2 teaspoon ground cinnamon
1/2 teaspoon vanilla extract

Hardware:

Dough scraper
Standing mixer
Parchment paper or plastic wrap

Cut the butter into chunks using the dough scraper.

Place butter into the mixer's work bowl and beat at low speed, using the whisk attachment to loosen the butter. Increase the speed to medium and add the honey, cinnamon, and vanilla extract and beat until well combined, about 5 to 7 minutes. Remove butter from bowl and spoon onto parchment paper or plastic wrap. Roll into a log and refrigerate for 2 hours.

Yield: 2 logs

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HURRY CURRY CAULIFLOWER

- 1 tablespoon canola oil
- 1 teaspoon cumin seed
- 1 teaspoon coriander seed
- 2 teaspoons curry powder
- 1 teaspoon fresh ginger, minced
- 1 whole clove garlic, smashed
- 1 head cauliflower, cut into florets
- 1 cup water
- 1 cup rice wine vinegar
- 1/2 cup cider vinegar
- 3 tablespoons sugar
- 1 teaspoon pickling salt

- 1) Heat the canola oil in a heavy skillet over medium heat.
- 2) Crush the cumin seed with the coriander seed and add to the pan.
- 3) Add the curry powder, ginger, and garlic to the pan.
- 4) Cook these spices, stirring until the oil colors and the spices are fragrant.
- 5) Add the cauliflower florets to the pan and toss to coat.
- 6) In a lidded plastic container, combine the water, rice wine vinegar, cider vinegar, sugar, and pickling salt.
- 7) Shake to combine.
- 8) Once the cauliflower is slightly tender, add it to a glass jar.
- 9) Pour the pickling liquid over the cauliflower, filling to the top of the jar.
- 10) Cool, chill, and store the pickles for 1 week to allow the flavors to develop thoroughly.

Yield: 4 servings

IN A CRANBERRY JAM

2 cups “Good Eats” Cranberry Sauce
4 ounces ginger ale
1 cup sugar

- 1) Combine all the ingredients into a small, non–reactive saucepan.
- 2) Bring to a simmer and reduce by two–thirds or until the mixture has thickened to the consistency of a loose jam. Remember to keep the heat low to prevent the jam from burning.

Yield: 1 cup

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"INSTANT" PANCAKE MIX

6 cups all-purpose flour
1 1/2 teaspoons baking soda (check expiration date first)
3 teaspoons baking powder
1 tablespoon kosher salt
2 tablespoons sugar

Combine all of the ingredients in a lidded container. Shake to mix.

Use the mix within 3 months.

"INSTANT" PANCAKES

2 eggs, separated
2 cups buttermilk
4 tablespoons melted butter
2 cups "Instant" Pancake Mix, recipe above
1 stick butter, for greasing the pan
2 cups fresh fruit such as blueberries, if desired

Heat an electric griddle or frying pan to 350 degrees F. Heat oven to 200 degrees F.

Whisk together the egg whites and the buttermilk in a small bowl. In another bowl, whisk the egg yolks with the melted butter.

Combine the buttermilk mixture with the egg yolk mixture in a large mixing bowl and whisk together until thoroughly combined. Pour the liquid ingredients on top of the pancake mix. Using a whisk, mix the batter just enough to bring it together. Don't try to work all the lumps out.

Check to see that the griddle is hot by placing a few drops of water onto to the griddle. The griddle is ready if the water dances across the surface.

Lightly butter the griddle. Wipe off thoroughly with a paper towel. (No butter should be visible.)

Gently ladle the pancake batter onto the griddle and sprinkle on fruit if desired. When bubbles begin to set around the edges of the pancake and the griddle-side of the cake is golden, gently flip the pancakes. Continue to cook 2 to 3 minutes or until the pancake is set.

Serve immediately or remove to a towel-lined baking sheet and cover with a towel. Hold in a warm place for 20 to 30 minutes.

Yield: 12 pancakes

IT'S A WONDERFUL WALDORF

2 Ginger Gold apples (Fuji will substitute)

1 Red Delicious apple

3 tablespoons cider vinegar

1 cup prepared mayonnaise

1 pinch kosher salt

Cracked black pepper

3/4 cup toasted walnuts, crushed

1 cup golden raisins

2 teaspoons curry powder

2 stalks celery, thin bias cut

1/3 cup fresh mint, chiffonade

1/2 red onion, julienned

1 head romaine lettuce, heart only

1) Cut apples in half and remove the core with a melon baller.

2) Chop apples into medium-sized pieces, leaving skin on.

3) In a bowl, toss apples with the cider vinegar.

4) Fold in mayonnaise thoroughly.

5) Season with salt and pepper to taste.

6) Fold in walnuts, raisins, curry powder, celery, and mint. Adjust seasoning.

7) Refrigerate for at least 1 hour to allow flavors to incorporate.

8) To serve, arrange 2 leaves of romaine lettuce per plate and spoon salad on top.

Yield: 4 to 6 servings

KEY LIME SORBET

1 cup sugar
1 cup key lime preserves
1 lemon, zested and juiced
1 lime, zested and juiced
4 cups lime flavored club soda or seltzer
Kosher salt

- 1) Combine sugar, preserves and 1 cup of the soda in a medium saucepan and stir over low heat until sugar and preserves are melted.
- 2) Add citrus juice and zest.
- 3) Stir in the remaining soda, move to a clean, lidded container and chill thoroughly, 2 to 3 hours.
- 4) Turn mixture in ice cream maker per maker's instructions or until mixture reaches the consistency of a firm slush.
- 5) Return mixture to lidded container and harden in freezer 1 hour before serving.
- 6) If sorbet is to be held frozen for longer than 2 hours, move from freezer to refrigerator for about half an hour before serving. If you'd like a more assertive sorbet, double the amount of citrus zest.

Yield: 1 1/2 quarts

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KINDA SORTA SOURS

1/2 onion, thinly sliced
2 medium cucumbers, thinly sliced
1 cup water
1 cup cider vinegar
1/2 cup champagne vinegar
1/2 cup sugar
2 tablespoons plus 2 teaspoons kosher salt
1 teaspoon mustard seeds
1/4 teaspoon turmeric
1 teaspoon celery seeds
1 teaspoon pickling spice
4 whole garlic cloves, smashed

- 1) Combine the onion and cucumber slices in a clean spring-top jar.
- 2) Combine the remaining ingredients, with the exception of the garlic, in a non-reactive saucepan.
- 3) Bring to a boil and simmer for 4 full minutes to wake up the spice flavors.
- 4) Add the garlic cloves to the jar.
- 5) Slowly and gently pour the pickling liquid over the onion and cucumber slices, filling to the top of the jar.
- 6) Cool to room temperature.
- 7) Top off the pickles with any remaining pickling liquid and refrigerate.

Yield: 4 servings

LEMON CURD

5 egg yolks
1 cup sugar
4 lemons, zested and juiced
1 stick butter, cut into pats and chilled

- 1) Add enough water to a medium saucepan to come about 1-inch up the side.
- 2) Bring to a simmer over medium-high heat.
- 3) Meanwhile, combine egg yolks and sugar in a medium size metal bowl and whisk until smooth, about 1 minute.
- 4) Measure citrus juice and if needed, add enough cold water to reach 1/3 cup.
- 5) Add juice and zest to egg mixture and whisk smooth.
- 6) Once water reaches a simmer, reduce heat to low and place bowl on top of saucepan. (Bowl should be large enough to fit on top of saucepan without touching the water.)
- 7) Whisk until thickened, approximately 8 minutes, or until mixture is light yellow and coats the back of a spoon.
- 8) Remove promptly from heat and stir in butter a piece at a time, allowing each addition to melt before adding the next.
- 9) Remove to a clean container and cover by laying a layer of plastic wrap directly on the surface of the curd.
- 10) Refrigerate for up to 2 weeks.

Yield: 1 pint

MASHERS

4 russet potatoes, peeled and cut into chunks
8 red potatoes, cut into chunks roughly the same size as the russet chunks
1 to 2 teaspoons kosher salt
3/4 cup low fat buttermilk (not skim)
1/4 cup heavy cream
6 to 8 cloves of garlic, peeled

- 1) Combine potatoes in a large pot and just cover with cold tap water.
- 2) Place over high heat and season water with 1 to 2 teaspoons of salt, (it should taste like sea water).
- 3) Cover the pot and bring to a boil.
- 4) Meanwhile, combine dairy and garlic in a small saucepan and bring to a simmer over medium heat.
- 5) Keep this mixture barely simmering until the potatoes are done.
- 6) As soon as the water comes to a boil, remove the lid and reduce the heat to a simmer.
- 7) Cook for 15 to 20 minutes or until a potato chunk can easily be crushed with a pair of tongs.
- 8) Drain, then return potatoes to the pan, return pot to heat and shake for 30 seconds so the surface water can evaporate.
- 9) Remove pot and set on a towel or hot pads.
- 10) Pour about half the garlic mixture into the potatoes and mash with an old-fashioned potato masher.
- 11) Start tasting and looking at the consistency right away. If mashers seem dry or bland, add more of the garlic mixture. Avoid over mashing or you'll end up with gluey instead of fluffy.
- 12) Serve straight or garnish with any of the following: parsley, chopped scallions, crumbled bacon, sun dried tomatoes, (If you have the dry ones, make sure you re-hydrate them.) grated horseradish, horseradish sauce, pesto, more bacon, sautéed mushrooms...use your imagination.

Yield: 8 servings

MIGHTY DUCK

Brine:

1/2 cup kosher salt
1 pint pineapple orange juice
15 whole black peppercorns
1 bunch fresh thyme
4 cloves garlic, smashed

1 (5 1/2 to 6 pound) frozen Long Island Duck, thawed

2 handfuls shredded chard
2 shallots, minced
Dash sherry or balsamic vinegar

- 1) Combine all brine ingredients in a plastic container with a lid.
- 2) Place the lid on the container and shake to dissolve the salt.
- 3) Remove the pop-up thermometer, liver, gizzards, and heart.
- 4) Cut off the wings.
- 5) Using kitchen shears, locate the spine at the base of the neck. Cut up the line of the backbone towards the neck cavity.
- 6) Turn the duck and cut straight towards the rear cavity. Remove the backbone.
- 7) Turn the duck over and cut straight down the middle of the breast bone, leaving 2 equal duck halves.
- 8) To separate the legs from the breast, flip your halves over so the flesh side is facing up at you. Using a knife, make a crescent shape cut between the leg and the breast. Lay your knife flat against the skin and make 3 marks in one direction and then in the other, making an X. Make sure that you are cutting through the skin and not the meat.
- 9) Line the inside of a plastic lexan or a pot with a zip-top bag.
- 10) Place the duck quarters inside the bag, and pour the brine over the duck.
- 11) Seal the bag, ensuring that all air is removed from the bag.
- 12) Brine the duck for 2 to 2 1/2 hours in the refrigerator.
- 13) Bring 1 1/2 inches to 2 inches of water to a boil in a large pot.
- 14) Place a colander into the pot and line the sides of the colander with the duck. Do not stack the duck quarters on each other.
- 15) Cover and turn the heat to medium low.
- 16) Steam the duck for 45 minutes.
- 17) Set oven to 475 degrees F. Place a large cast iron skillet into the oven.
- 18) Remove duck pieces from steamer and place legs, skin side down, into the hot skillet.
- 19) Place the skillet into the hot oven immediately and cook the leg quarters for 10 minutes.
- 20) Add the breasts, skin side down, and cook for 7 more minutes or until the duck takes on a deep mahogany color and the skin is very crisp.

- 21) Remove the duck from the skillet and rest under foil.
- 22) Add the chard and the shallots to the skillet.
- 23) Toss the chard in the fat until it barely wilts.
- 24) Season with the sherry or balsamic vinegar.
- 25) Serve the duck with the chard.

Yield: 2 to 4 servings

NO PAN PEAR PIE

For the dough:

2 1/2 cups flour
1/2 cup stone ground cornmeal
3 tablespoons sugar
1 teaspoon kosher salt
8 ounces unsalted butter, diced
3 tablespoons apple juice concentrate
2 tablespoons cold water

For the filling:

2 Anjou pears, peeled, cored, and thinly sliced
3 tablespoons balsamic vinegar
4 tablespoons sugar
1 pinch grated nutmeg
1/4 teaspoon ground cinnamon
2 tablespoons butter
1 cup blueberries
1 teaspoon flour
1 1/2 cups pound cake, cubed
1 egg beaten with 1 tablespoon water
1/2 teaspoon sugar

- 1) Heat oven to 400 degrees F.
- 2) In a food processor, combine flour, cornmeal, sugar, and salt. Pulse to combine.
- 3) Place dry ingredients in a mixing bowl and put the bowl into the refrigerator.
- 4) Remove 1/2 stick of butter from the refrigerator and allow it to come to room temperature.
- 5) In a food processor, add the 1/2 stick of butter to the flour mixture. Pulse until the fat completely disappears.
- 6) Add the remaining chilled butter in separate batches. Pulse until flour mixture resembles the size of a pea.
- 7) Combine the apple juice concentrate and the cold water.
- 8) Add 1 tablespoon of the juice mixture at a time pulsing as you pour.
- 9) After 3 tablespoons of the liquid, check the dough for consistency. It should hold together when compressed but remain relatively dry to the touch. If it does not bind, add a little more liquid.
- 10) Remove from the processor and form the dough into a ball.
- 11) Wrap the dough in waxed paper or parchment paper and rest in refrigerator for 20 minutes.
- 12) Heat a cast iron skillet over medium heat.

- 13) Add pears to the pan and toss for 2 minutes.
- 14) Add the balsamic vinegar and continue to toss for 30 seconds.
- 15) Add sugar and cook until the pears have softened.
- 16) Add the nutmeg, cinnamon, and the butter and melt slowly.
- 17) Fold in the blueberries.
- 18) Remove from heat.
- 19) Sprinkle on the flour and combine well. Allow to cool to room temperature.
- 20) Place dough on a floured piece of parchment and roll out to a 1/4-inch thick disk.
- 21) Transfer to a baking sheet.
- 22) Place cubed pound cake in the middle of the dough, leaving a 3-inch margin of crust on all sides.
- 23) Spoon filling over the cake cubes and top the pears with 1-ounce of cubed butter.
- 24) Lift excess crust onto filling and repeat in a clockwise fashion until a top lip has formed around the edge of the whole tart.
- 25) Brush the tart with the egg wash and sprinkle the crust with the sugar.
- 26) Bake for 30 to 35 minutes, or until the filling begins to bubble and the crust is golden brown.
- 27) Remove from the sheet pan immediately and cool on pie rack.

Yield: 1 Pie

PAN FRIED FISH

1 large or two small skin-on fish fillets, about 8 ounces (rainbow trout, small salmon, brown trout)

Kosher salt

Ground black pepper

Flour for dredging

2 tablespoon Canola oil

3 tablespoons butter

1 tablespoons capers, drained

1 lemon, juiced

- 1) Heat a heavy pan over medium high heat.
- 2) Season fish on meat side with salt and pepper.
- 3) Lightly dredge fish in flour and shake off excess.
- 4) When pan is good and hot, add Canola oil followed immediately by 1 tablespoon butter.
- 5) As soon as foaming subsides, place fish in pan with the skin side down.
- 6) Jiggle pan for the first 10 seconds to keep the fish from sticking.
- 7) Cook until golden crust forms on meat.
- 8) Carefully turn fish away from you and again jiggle pan for the first few seconds.
- 9) Cook until skin turns golden brown.
- 10) Remove to a warm plate.
- 11) Pour out the cooking fat, add remaining butter and quickly fry the capers.
- 12) Remove pan from the heat, add lemon juice to pan and swirl.
- 13) Pour sauce over the fish and serve.

Yield: 2 servings

PAN SEARED RIB EYE

1 boneless rib eye steak, 1 1/2-inch thick

Canola oil to coat

Kosher salt and ground black pepper

- 1) Place 10 to 12-inch cast iron skillet in oven and heat oven to 500 degrees.
- 2) Bring steak(s) to room temperature.
- 3) When oven reaches temperature, remove pan and place on range over high heat.
- 4) Coat steak lightly with oil and season both sides with a generous pinch of salt.
- 5) Grind on black pepper to taste.
- 6) Immediately place steak in the middle of hot, dry pan. Cook 30 seconds without moving.
- 7) Turn with tongs and cook another 30 seconds, then put the pan straight into the oven for 2 minutes.
- 8) Flip steak and cook for another 2 minutes. (This time is for medium rare steaks. If you prefer medium, add a minute to both of the oven turns.)
- 9) Remove steak from pan, cover loosely with foil, and rest for 2 minutes.
- 10) Serve whole or slice thin and fan onto plate.

Yield: 1 to 2 servings

PANTRY FRIENDLY TOMATO SAUCE

2 (28-ounce) cans whole, peeled tomatoes
1/4 cup sherry vinegar
1/4 cup sugar
1 teaspoon red pepper flakes
1 teaspoon dried oregano
1 teaspoon dried basil
1 onion
1 carrot
1 stalk celery
2 ounces olive oil
4 cloves garlic, minced
3 tablespoons capers, rinsed and drained
1/2 cup white wine
Kosher salt and black pepper, to taste

- 1) In a sieve over a medium non-reactive saucepot, strain the tomatoes of their juice into the sauce pot.
- 2) Add the sherry vinegar, sugar, red pepper flakes, oregano, and basil to the tomato juice.
- 3) Stir and cook over high heat.
- 4) Once bubbles begin to form on the surface, reduce to a simmer. Allow liquid to reduce by 1/2 or until liquid has thickened to a loose syrup consistency.
- 5) Squeeze each tomato thoroughly to ensure most seeds are removed. Set the tomatoes aside.
- 6) Cut onion, carrot, and celery into uniform sizes and combine with olive oil in a non-reactive roasting pan over low heat.
- 7) Sweat the mire poix until the carrots are tender and the onion becomes translucent, 15 to 20 minutes.
- 8) Add the tomatoes and capers to the roasting pan.
- 9) Place roasting pan on the middle rack of the oven and broil for 15 to 20 minutes, stirring every 5 minutes. Tomatoes should start to brown slightly on edges with light caramelization.
- 10) Remove the pan from the broiler. Place the pan over 2 burners on the stove.
- 11) Add the white wine to the tomatoes and cook for 2 to 3 more minutes over medium heat.
- 12) Put the tomatoes into a deep pot or bowl and add the reduced tomato liquid to the tomatoes.
- 13) Blend to desired consistency and adjust seasoning.

Yield: 1.5 quarts

PASTA

3 quarts water
1 tablespoon kosher salt
16 ounces dried spaghetti noodles
3 tablespoons extra-virgin olive oil
2 to 3 cloves of garlic, minced fine

Optional Toppings:

Capers
Sun dried tomatoes
Red pepper
Olives
Walnuts
Hard cheeses like Asiago and Parmesan
Soft or veined cheeses like gorgonzola or chevre
Canned Artichokes
Smoked oysters
Black pepper

- 1) Place water in large lidded pot, add salt and bring to a rolling boil.
- 2) Add spaghetti, fanning it into the water so that each strand makes contact.
- 3) Using a wooden spoon or tongs, gently bend noodles to submerge.
- 4) Cover pot and return to a rolling boil, reducing heat to medium-high.
- 5) Stir occasionally.
- 6) Pour 3 tablespoons of good quality extra virgin olive oil into the bottom of a wide serving bowl along with garlic.
- 7) In 4 minutes, start tasting. When done, a string of spaghetti should be springy when pulled on.
- 8) To the tooth, there should be some resistance but not so much that the pasta sticks in the teeth.
- 9) As soon as pasta is done, drain immediately in a large colander (lidded models are the best). Shake pasta to stop cooking but don't shake dry. And no rinsing.
- 10) Add pasta to serving bowl and toss to coat.
- 11) Quickly divide into individual bowls and toss with various toppings.

Yield: 4 servings

PECAN, SOUR CREAM WAFFLES

1 cup whole milk
1 cup sour cream
2 eggs
3 tablespoons butter, melted
1 teaspoon vanilla
2 teaspoons baking powder
1 1/2 cups all purpose flour
1 teaspoon baking soda
1/2 teaspoon cinnamon
Pinch kosher salt
1/2 cup pecans, toasted and chopped fine

- 1) Heat waffle iron.
- 2) Combine wet ingredients and whisk well to combine.
- 3) Sift dry ingredients into a large bowl and form a well in the center.
- 4) Add the wet mixture to the well and fold in with the dry. Don't worry if there are a few lumps.
- 5) Stir in pecans just before cooking.
- 6) When iron is hot, spray lightly with non-stick spray.
- 7) Spoon 1/2 to 3/4 cup of batter onto the center of the iron and cook until a golden brown crust forms.
- 8) Serve warm with Burnt Peach Ice Cream.

Yield: Depending on the size of your iron, about a dozen waffles

PLAIN BROWN POPPER

1/4 cup good quality popcorn
2 teaspoons olive oil
1/4 teaspoon kosher salt or popcorn salt
Sprinkle jalapeno seasoning mix

Paper lunch bag
Stapler

- 1) Toss the popcorn with the olive oil, salt, and jalapeno seasoning mix in the paper bag.
- 2) Fold the top of the bag over and staple the bag twice to close.
- 3) Place the bag in the microwave and microwave on high for 2 minutes to 3 minutes, or until there are about 5 seconds between pops.

NOTE: Popcorn salt is a super-fine salt that is designed especially for sticking to food such as popcorn. It has the taste of regular table salt, but its granules are much finer.

Yield: 1 serving

POTATO/PORTOBELLO GRATIN

5 or 6 Yukon gold potatoes, peeled
2 or 3 Portobello mushroom caps, sliced thin
1 cup grated hard cheese such as Parmesan or Asiago
3/4 cup half and half
Kosher salt and ground black pepper

- 1) Heat oven to 400 degrees and butter a 9 by 13–inch baking dish and set aside.
- 2) Using a mandolin, V–slicer or the slicing attachment on a food processor, slice the potatoes approximately 1/8–inch thick. (If you don't want to slice all the potatoes at once, slice them one at a time and build the gratin as you go.)
- 3) Create the first layer by laying the slices in overlapping rows.
- 4) Once the first layer is down, season lightly with salt and pepper, then scatter with mushroom slices and a couple tablespoons of the cheese. (Don't over–do it on these layers, if you create a barrier between the adjoining potato layers, the gratin won't set.)
- 5) Continue building layers until you're out of potatoes or out of room to build, but be sure to save 1/2 cup of the cheese for the top.
- 6) Pour 2/3 cup of the half and half over the gratin then spread both hands over the surface and push down to work the air out from the layers.
- 7) Add remaining liquid only if half and half does not come to the surface when you push down.
- 8) Sprinkle the gratin with cheese, cover loosely with foil and place in middle of oven for 1 hour.
- 9) Check for doneness by inserting the point of a paring knife straight into the gratin. If it goes through smoothly, remove the foil, return to oven, and turn on the broiler just long enough to turn the top golden–brown.
- 10) Remove, and allow to sit at room temperature for 15 to 20 minutes before serving.

Yield: 6 to 8 servings

RAYMOND BURRE BLANC

1 to 2 shallots, chopped fine
8 ounces white wine
2 ounces lemon juice
1 tablespoon heavy cream
12 tablespoons cold unsalted butter, cubed
Salt and white pepper, to taste

Combine the shallots, white wine, and lemon juice in a non–reactive saucepan over high heat and reduce to 2 tablespoons.

Add the cream to the reduction. Once the liquid bubbles, reduce the heat to low. Add the butter, one cube at a time, whisking first on the heat and then off the heat. Continue whisking butter into the reduction until the mixture is fully emulsified and has reached a rich sauce consistency. Season with salt and white pepper. Store beurre blanc in a thermos until ready to serve.

Yield: 4 servings

REFRIGERATOR PIE

1 cup heavy cream or half-and-half
2 eggs
2 pinches kosher salt
Freshly grated nutmeg

For 1 Refrigerator Pie:

1 frozen 9-inch pie crust

Any one of the following combinations:

- a) Cooked spinach, cheddar cheese, cubed cooked ham
- b) Bacon, sautéed leeks, and Gruyere cheese
- c) Cooked spinach, canned artichoke hearts, and Parmesan cheese
- d) Roasted chicken, goat cheese, and sun-dried tomatoes
- e) Blanched asparagus and smoked salmon
- f) Port Salut and Spam

- 1) In a nonreactive, stainless steel bowl, combine the cream or half-and-half and the eggs.
- 2) Whisk until combined thoroughly.
- 3) Add the salt and the nutmeg.
- 4) Whisk to combine.
- 5) Refrigerator Pie Rules:
 - a) Heat oven to 350 degrees F.
 - b) Evenly distribute the pie fillings in the pie crust.
 - c) Do not overfill the crust with the filling ingredients.
 - d) Do not pour too much royale into the crust. The eggs will expand upon cooking.
- 6) Bake the pie until it is firm to the touch like set jello, about 45 minutes.
- 7) Cool the pie for at least 15 minutes before slicing.

Yield: 1 refrigerator pie

RICE PILAF

2 tablespoons butter
1/2 onion, minced
1/2 red bell pepper, minced
2 pinches kosher salt
2 cups long grain rice
2 3/4 cups chicken broth
2 strips orange zest
Pinch of saffron strands, steeped in 1/4 cup hot water
1 bay leaf
1 1/2 cups frozen peas, thawed
Golden raisins and pistachios for garnish

- 1) Preheat oven to 350 degrees.
- 2) In a heavy, wide, lidded pan, melt butter over medium–low heat.
- 3) Add onion, red pepper, and kosher salt.
- 4) Sweat the onions and peppers until aromatic, stirring constantly.
- 5) Add the rice and stir to coat. Continue stirring until rice smells nutty.
- 6) Add chicken broth, orange zest, saffron and water, and bay leaf.
- 7) Bring to a boil.
- 8) Stir once, then cover pan with moistened dish towel (or tea towel).
- 9) Place lid on pan and fold towel corners over lid.
- 10) Bake for 15 minutes. Then rest at room temperature for 10 to 20 minutes without removing the cover.
- 11) Meanwhile, simmer peas in salted water until heated through or heat in a microwave.
- 12) Remove lid from rice and turn out onto a platter.
- 13) Add peas and fluff with a large fork. Add raisins and pistachios.

Yield: 6 servings

SAWMILL GRAVY

1 pound bulk breakfast sausage
1/4 cup flour
2 cups milk
Salt and pepper to taste

- 1) Cook sausage in a cast iron skillet.
- 2) When done, remove sausage from pan and pour off all but 2 tablespoons of fat.
- 3) Whisk flour into the fat and cook over low heat for 5 minutes.
- 4) Remove pan from heat and whisk in milk a little at a time.
- 5) Return to medium–high heat and stir occasionally while the gravy comes to a simmer and thickens. (Be sure to scrape up any brown bits that might be stuck to the bottom of the pan, that's where the flavor is.)
- 6) Check seasoning, add crumbled sausage and serve over toast or biscuits.

Yield: 2 1/2 cups gravy

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SCONES

2 cups flour
4 teaspoons baking powder
3/4 teaspoon salt
1/3 cup sugar
4 tablespoons butter
2 tablespoons shortening
3/4 cup cream
1 egg
Handful dried currants or dried cranberries

- 1) Heat oven to 375 degrees.
- 2) In a large mixing bowl, combine flour, baking powder, salt and sugar. Mix well.
- 3) Cut in butter and shortening.
- 4) In a separate bowl, combine cream with beaten egg then add to dry ingredients.
- 5) Stir in fruit.
- 6) Turn dough out onto a floured surface.
- 7) Roll dough out and cut into biscuit size rounds.
- 8) Bake for 15 minutes or until brown.

Yield: 1 dozen

SCRAMBLED EGGS UNSCRAMBLED

5 eggs
5 tablespoons milk
1 pat of butter
Kosher salt
Ground pepper
Chives or parsley to garnish

- 1) In a small mixing bowl, combine eggs and milk with a fork.
- 2) In a non-stick skillet, melt the butter over medium-low heat until it bubbles.
- 3) Stir a pinch of kosher salt into egg mixture then pour into pan, stirring slowly with a heat resistant rubber spatula.
- 4) As soon as curds begin to form, increase heat to high and instead of stirring, use the spatula to fold the eggs over themselves while gently shaking the pan with your other hand. As soon as no more liquid is running around the bottom of the pan, remove from the heat and serve.
- 5) Season with fresh black pepper and garnish with fresh chives or parsley.

Remember: if they look done in the pan, they'll be over-done on the plate.

Yield: 3 to 4 servings

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"SERIOUS" VANILLA ICE CREAM

2 cups half-and-half
1 cup whipping cream
1 cup minus 2 tablespoons sugar
2 tablespoons peach preserves (not jelly)
1 vanilla bean, split and scraped

- 1) Combine all ingredients (including the bean and its pulp) in a large saucepan and place over medium heat.
- 2) Attach a frying or candy thermometer to inside of pan. (see note below)
- 3) Stirring occasionally, bring the mixture to 170 degrees F.
- 4) Remove from heat and allow to cool slightly.
- 5) Remove the hull of the vanilla bean, pour mixture into lidded container and refrigerate mixture overnight to mellow flavors and texture.
- 6) Freeze mixture in ice cream freezer according to unit's instructions. The mixture will not freeze hard in the machine.
- 7) Once the volume has increased by 1/2 to 3/4 times, and reached a soft serve consistency, spoon the mixture back into a lidded container and harden in the freezer at least 1 hour before serving. NOTE: If you do not have a thermometer, bring the mixture just barely to a simmer. As soon as you see a bubble hit the surface, remove it from the heat. Do not let it boil.

Yield: 1 quart

SHORTCAKE

2 cups flour
4 teaspoons baking powder
3/4 teaspoon salt
1 tablespoon sugar
2 tablespoons butter
2 tablespoons shortening
3/4 cup half and half
Melted butter to brush shortcakes
Berries
Ice cream or whipped cream

- 1) Heat oven 450 degrees.
- 2) In a large mixing bowl, combine flour, baking powder, salt and sugar.
- 3) Cut in butter and shortening.
- 4) Mix in half-and-half.
- 5) Drop by large spoonfuls onto a baking sheet.
- 6) Brush with melted butter and sprinkle with sugar.
- 7) Bake for 15 minutes or until brown.
- 8) Cool and eat with berries, ice cream and/or whipped cream.

Yield: 8 servings

THE SHRIMP COCKTAIL

32 shell-on (21 to 25 count) tiger shrimp

For the brine:

1/4 cup kosher salt

1/4 cup sugar

1 cup water

2 cups ice

For the cocktail sauce:

1 (14 1/2-ounce) can diced tomatoes, drained

1/2 cup prepared chili sauce

4 tablespoons prepared horseradish

1 teaspoon sugar

Few grinds fresh black pepper

1/2 teaspoon kosher salt

1 tablespoon olive oil

Sprinkle Old Bay seasoning

- 1) Using a pair of scissors or a serrated knife, make an incision down the backside of the shrimp, following the intestinal track.
- 2) Eviscerate shrimp and rinse under cool water leaving shells intact.
- 3) Place cleaned shrimp into a bowl with brine and refrigerate mixture for 20 to 25 minutes.
- 4) While shrimp are brining, place tomatoes, chili sauce, horseradish, sugar, pepper, and salt in food processor and blend until smooth.
- 5) Refrigerate cocktail sauce until ready to serve.
- 6) Place a baking sheet or broiler pan under oven broiler and preheat for 5 minutes.
- 7) Remove shrimp from brine and drain thoroughly.
- 8) Rinse the shrimp under cold water and dry on paper towels.
- 9) In a large bowl, toss shrimp with olive oil and sprinkle with Old Bay seasoning, if desired.
- 10) Place shrimp onto a sizzling sheet pan and return to broiler immediately.
- 11) After 2 minutes, turn the shrimp with a pair of tongs.
- 12) Return the shrimp to broiler for 1 minute.
- 13) Transfer to a cold cookie sheet. Refrigerate immediately.
- 14) Once shrimp have chilled, arrange with cocktail sauce in a martini glass or as desired.

Yield: 4 servings

SOUTHERN BISCUITS

2 cups flour
4 teaspoons baking powder
1/4 teaspoon baking soda
3/4 teaspoon salt
2 tablespoons butter
2 tablespoons shortening
1 cup buttermilk, chilled

- 1) In a large mixing bowl, combine flour, baking powder, baking soda and salt.
- 2) Using your fingertips, rub butter and shortening into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.)
- 3) Make a well in the center and pour in the chilled buttermilk.
- 4) Stir just until the dough comes together. The dough will be very sticky.
- 5) Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times.
- 6) Press into a 1-inch thick round.
- 7) Cut out biscuits with a 2-inch cutter, being sure to push straight down through the dough.
- 8) Place biscuits on baking sheet so that they just touch.
- 9) Reform scrap dough, working it as little as possible and continue cutting. (Biscuits from the second pass will not be quite as light as those from the first, but hey, that's life.)
- 10) Bake until biscuits are tall and light gold on top, 15 to 20 minutes.

SPICED BLUEBERRY JAMMIN'

Preserving Hardware:

Large stockpot or canning kettle

Jar rack or cake cooling rack (for holding filled jars off the floor of the pot)

6 (8-ounce) Mason style preserving jars with lids and bands

Wide mouth canning funnel (technically optional, practically indispensable)

Canning tongs (specially made for snatching jars in and out of very hot situations)

Large (8-ounce) ladle

Paper towels or dishtowels

Magnetized “lid-wand” or magnet tool from hardware store (optional, but how else you gonna get hold of those darned lids)

Jam Hardware:

Medium-large saucepan

Wooden spoon

Hand masher

Nutmeg grater (optional)

Jam Software:

2 (12-ounce) bags frozen blueberries

One (1 3/4-ounce) packet dry pectin

1/4 teaspoon star anise, ground fine

10 to 20 grinds fresh nutmeg (or 1/4 teaspoon pre-ground)

2 tablespoons lemon juice

5 tablespoons (2 1/2 ounces) cider vinegar

3 cups sugar

1/2 cup water

For the jam:

- 1) Place blueberries in saucepan over medium-low heat.
- 2) Sprinkle with pectin followed by the anise, nutmeg, lemon juice and vinegar.
- 3) Once liquid starts to gather in bottom of pan, increase the heat to high and bring to a boil.
- 4) Lower heat slightly and boil gently for five minutes occasionally mashing mixture.
- 5) Mash in sugar, add the water and return to a boil for 1 minute.
- 6) You just made jam. Cool, jar, refrigerate and enjoy within 2 weeks. Or, move to the preserving phase.

Preserving the jam:

- 7) Thoroughly wash all hardware in hot soapy water. Then pile everything (excluding the jar lids) into the pot.
- 8) Cover with hot water by at least 1-inch and bring to a boil and maintain for 10 full minutes to sterilize.

- 9) Turn off the heat, wait 5 minutes then add the lids (waiting will insure that the sealing compound does not melt). Leave all hardware in the pot until you're ready to can.
- 10) Remove the ladle, tongs, funnel and other tools from the pot, (careful please, it's hot in there) to a clean towel or paper towels.
- 11) Using the jar tongs, remove and drain the jars, placing them on the towel/paper towel surface. (Avoid rock or metal surfaces which could result in thermal shock and breakage.)
- 12) Place the funnel in the first jar (pick it up by the ring, avoiding the sterile interior.)
- 13) Use the ladle to fill each jar just to the bottom of the funnel, about 1/3-inch from the bottom of the jar threads. This "headspace" is necessary for the jars to seal during processing.
- 14) Wipe the jar rims with a moist paper towel, checking for any cracks or irregularities as you go.
- 15) Use the magnetized device of your choice to position lids on each jar. Screw the rings on finger tight. (Remember, the rings don't seal the jars they only hold the lids in place. Heat will drive out the headspace air, which when cooled will create a vacuum, thus sealing the jars)
- 16) Return the jars to the pot being certain that they don't touch the bottom of the pot or each other. (If you don't have a jar rack, try a round cake rack, or metal mesh basket. Even a folded kitchen towel on the pot bottom will do in a pinch.)
- 17) Add additional water if necessary to cover the jars by at least an inch, and bring to a hard boil over high heat according to the table below. (Be sure not to start your timer until a true boil is reached. The headroom air may bubble out of the jars before a boil is reached. Don't be fooled.)

Yield: 6 (8-ounce) jars

STRIPED BASS IN SALT DOME

1 striped bass, 5 to 6 pounds, gills removed, fins trimmed
4 egg whites
1/2 cup water
2 (3 pound) boxes of kosher salt
1 handful parsley
1 fennel bulb, (with stem) quartered
Several sprigs thyme
1 lemon, sliced thin
1/2 orange, sliced thin
Olive oil

- 1) Heat oven to 450 degrees.
- 2) Cover the bottom of a baking sheet large enough to hold the fish with parchment paper.
- 3) Rinse fish inside and out with cold water and drain. Dry with paper towels.
- 4) Stuff body cavity with herbs and citrus, saving a few lemon slices for garnish. Set aside.
- 5) Pour 1 box of salt into a large bowl, add egg whites and water, then the second box of salt.
- 6) Use your hands to work mixture to a mortar-like consistency.
- 7) Lay down a 1/2-inch thick bed for the fish to lay on with a 1-inch clearance on all sides.
- 8) Lay the fish on this bed and pile the remainder of the salt mortar on top.
- 9) Work into a smooth dome completely encasing the fish. (Don't worry if the head or tail poke out a little.)
- 10) Cook approximately 35 minutes.
- 11) Check for doneness by pushing the probe of an instant read thermometer through the salt into the fish. When temperature reaches 130 degrees, remove from oven, and rest at room temperature for 5 minutes.
- 12) Open the fish at the table by hitting the dome several times with a small hammer and lifting off the slabs of salt. Brush away any stray salt.
- 13) Gently pull out dorsal (back) fin.
- 14) Using a fish knife or serrated pie server, make a single incision all the way down the back of the fish and around the gill plate. Then lift the skin off working from the head to the tail.
- 15) Remove meat from top side of fish, going down one side of the spine then the other.
- 16) Grasp the tail and remove the skeleton, (it should come up intact). The meat revealed below will slide right off the skin.
- 17) Sprinkle meat with a little virgin oil and lemon juice. Serve immediately.

Yield: 8 servings

SUMMER FRUITS

1 Bartlett pear, thinly sliced
1 red plum, seeded and quartered
1/2 lemon, thinly sliced
1 tablespoon fresh ginger, slivered
1 cup water
1 cup sugar
1 cup rice wine vinegar
1 sprig fresh mint

- 1) Place the pear, plum, lemon, and fresh ginger in a bowl.
- 2) In a non-reactive saucepan, combine the water, sugar, and rice wine vinegar.
- 3) Bring the liquid to a simmer and cook until sugar dissolves.
- 4) Place the fruit mixture into a spring-top glass jar and add the sprig of mint to the fruit.
- 5) Slowly pour the hot pickling liquid over the fruit, filling the jar to the top.
- 6) Cool the pickles, then refrigerate for 2 days up to 1 week before serving.

Yield: 4 servings

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SWEET CORN BREAD PUDDING

1/2 onion, diced fine
1 ounce unsalted butter
1/2 teaspoon thyme
1/2 teaspoon rosemary
1 fifteen ounce can creamed style sweet corn
1 cup heavy cream
2 eggs
1 teaspoon baking powder
1/2 cup yellow cornmeal, whole grain, stone ground
1/2 cup shredded parmesan cheese
1 teaspoon kosher salt
Ground black pepper to taste
2 cups French bread, cubed

- 1) Heat oven to 350 degrees.
- 2) Sweat onions with butter and herbs in a oven safe skillet until translucent.
- 3) Combine corn, cream, eggs, baking powder, corn meal, parmesan, salt, and pepper in a large mixing bowl.
- 4) Add cubed bread and fold to combine.
- 5) Pour batter into skillet, right on top of the onion mixture.
- 6) Bake 50 minutes, or until set.
- 7) Cool slightly before serving.

Yield: 6–8 servings

TART CRANBERRY DIPPING SAUCE

1 pound frozen cranberries
2 cups orange juice
3 cups ginger ale
2 tablespoons maple syrup
2 tablespoons light brown sugar
1/2 teaspoon kosher salt
Zest of one orange

- 1) Combine all ingredients in a non-reactive sauce pan, (stainless steel) and bring to a boil.
- 2) Reduce heat and simmer, stirring occasionally, for 30–45 minutes or until liquid is reduced by half.
- 3) Carefully puree with stick blender or blender until smooth.
- 4) Check for seasoning and serve in small ramekins.

Yield: 12 servings

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THAT OL' CAP MAGIC

For the filling:

1 batch sautéed mushrooms
1/3 cup heavy cream
1/4 cup shredded parmesan cheese
1 teaspoon dried tarragon
1 to 2 tablespoons breadcrumbs

For the mushroom caps:

10 large white mushroom caps
Olive oil
1 teaspoon fresh rosemary, chopped
1 teaspoon fresh thyme, chopped
2 cloves of garlic, crushed
Breadcrumbs

- 1) Heat oven to 350 degrees.
- 2) In a large bowl, toss the mushroom caps with enough olive oil to coat the caps.
- 3) Add the rosemary, thyme, and garlic and combine thoroughly.
- 4) Place a roasting rack on a baking sheet.
- 5) On the baking sheet, turn the mushroom caps upside down, stem side facing up.
- 6) Roast the mushroom caps up to 10 minutes, or until the tip of a paring knife can be inserted into the side of the mushroom with little or no resistance.
- 7) Heat broiler to high and move the oven rack up 1 level.
- 8) Mound 1 tablespoon of filling into each mushroom cap, avoiding overstuffing the caps.
- 9) Top each cap with enough breadcrumbs to cover the filling.
- 10) Broil the mushroom caps on high for 3 to 4 minutes, or until the filling bubbles and the tops have browned.

Yield: 5 servings

TOFFEE LACE CUPS

1 stick (4 ounces) unsalted butter
2/3 cup brown sugar (3 1/2 ounces by weight)
5 fluid ounces dark corn syrup (5 1/2 ounces by weight)
Pinch of kosher salt
Juice of a quarter lemon
1 cup flour (4 1/2 ounces by weight)

- 1) Combine all ingredients except flour in a small, heavy saucepan over med-high heat.
- 2) Bring to a boil, stirring often. Once mixture is at a boil, stir constantly for 2 minutes.
- 3) Remove from heat and sift in flour a little at a time, stirring to combine each addition before adding the next.
- 4) Cool to room temperature or refrigerate for later use. (If refrigerated, allow mixture to come up to room temperature before cooking.)
- 5) Heat oven to 350 degrees.
- 6) Cover a backing pan or cookie sheet with parchment paper and spoon out mixture with a metal soup spoon or a number 50 disher.
- 7) Cookies will spread out like crazy, so place dollops 6 to 8 inches apart. Bake 18 minutes or until deep mahogany brown.
- 8) To form into cups, use a metal spatula to transfer the hot candy disks to the bottoms of inverted ramekins or custard cups. (Have a ramekin for each disk, or the disks will set before you can get through them all.)
- 9) Work quickly and the disks will conform to the shape of the cups.
- 10) Remove when cool and store wrapped with paper towel inside resealable plastic bags.

Variation: While hot, disks can be cut into shapes with a pizza cutter and used as garnish for other desserts, or left flat and eaten like pralines.

TURKEY RE-HASH

8 ounces breakfast sausage
1/2 onion, chopped
1/2 jalapeno, minced
1/2 cup red peppers, chopped
1 1/2 cups red bliss potatoes, cubed and cooked
1 1/2 cups cooked black beans
2 cups “Good Eats” Corn Bread Pudding, cubed, recipe above
1 to 2 cups cooked turkey, cubed
Dash cayenne pepper
Salt and pepper, to taste

- 1) Add the sausage to a heavy skillet over medium high heat and cook until the sausage begins to render some of its fat, about 2 to 3 minutes.
- 2) Add the onions, jalapeno and peppers to the sausage and cook until soft and translucent.
- 3) Add the potatoes to the skillet and increase the heat to high. Cook until the potatoes have browned lightly.
- 4) Add the black beans, pudding, and turkey and stir occasionally. Cook until the hash is thoroughly heated.
- 5) Season with cayenne, salt, and pepper.

Yield: 4 servings

VENI VEDI VINAIGRETTE

2 ounces red wine vinegar
2 teaspoons Dijon mustard
2 garlic cloves, mashed
1/4 teaspoon of kosher salt
3/4 cup olive oil

- 1) Place red wine vinegar, Dijon mustard, garlic and salt in a glass or metal container with a tight fitting lid and shake to combine.
- 2) Add olive oil and shake vigorously, until dressing emulsifies and thickens to the consistency of cream.
- 3) Let dressing sit for 1 hour at room temperature before straining out garlic and serving.
- 4) Dressing can be refrigerated, but should be brought to room temperature and shaken again before serving.

Yield: 1 cup

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WHITE ROUX

4 tablespoons of pan drippings and/or butter

6 tablespoons flour

- 1) Heat fat or over medium high heat. Add flour all at once whisking vigorously.
- 2) When mixture thins and starts to bubble, reduce heat to low and cut back on the whisking.
- 3) Cook until you smell a toasty aroma then cook 2 minutes more, stirring occasionally.
- 4) Roux can be used immediately to thicken a liquid that is at or below room temperature. To thicken a hot liquid, allow roux to cool to room temperature, or refrigerate.
- 5) Tightly wrapped, roux can be refrigerated for up to a month. Simply break off pieces and use as needed.

Yield: Enough roux to thicken 1 pint of liquid. Recipe can be doubled or tripled.

WHO LOVES YA BABY-BACK?

2 whole slabs pork baby back ribs

Dry Rub:

8 parts light brown sugar, tightly packed
3 parts kosher salt
1 part chili powder
1/6 part ground black pepper
1/6 part cayenne pepper
1/6 part jalapeno seasoning
1/6 part Old Bay Seasoning
1/6 part rubbed thyme
1/6 part onion powder

Braising Liquid:

1 cup white wine
2 tablespoons white wine vinegar
2 tablespoons Worcestershire sauce
1 tablespoon honey
2 cloves garlic, chopped

- 1) Preheat oven to 250 degrees.
- 2) In a bowl, combine all dry ingredients and mix well.
- 3) Place each slab of baby back ribs on a piece of heavy-duty aluminum foil, shiny side down.
- 4) Sprinkle each side generously with the dry rub. Pat the dry rub into the meat.
- 5) Refrigerate the ribs for a minimum of 1 hour.
- 6) In a microwavable container, combine all ingredients for the braising liquid. Cook for 1 minute.
- 7) Place the ribs on a baking sheet.
- 8) Open one end of the foil on each slab and pour half of the braising liquid into each foil packet.
- 9) Tilt the baking sheet in order to equally distribute the braising liquid.
- 10) Braise the ribs in the oven for 2 1/2 hours.
- 11) Transfer the braising liquid into a medium saucepot.
- 12) Bring the liquid to a simmer and reduce by half or until of a thick syrup consistency.
- 13) Brush the glaze onto the ribs.
- 14) Place under the broiler just until the glaze caramelizes lightly.
- 15) Slice each slab into 2 rib bone portions.
- 16) Place the remaining hot glaze into a bowl and toss the rib portions in the glaze.

Yield: 2 slabs ribs